




---

---

---

---

---

---

---

---

## Thumbs Up, Thumbs Down

If you like what I am mentioning  
put your thumbs up

If you don't like what I am  
mentioning put your thumbs down

**ELEVATUS TRAINING**  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Moving from Friend to Partner in the Age of Technology

Objectives:

- ▶ Define sexual self-advocacy.
- ▶ Explore how to move from friend to partner in a healthy and safe way.
- ▶ Examine the various types of technology and the positive and negatives.

**ELEVATUS TRAINING**  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## What is Self-Advocacy?

According to the mission statement of Green Mountain Self Advocates, self advocacy is about:

► Taking control of their own lives, making decisions, solving problems, and speaking up for themselves.

► What is sexual self advocacy??

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## What is Self-Advocacy?

Turn to the person next to you and introduce yourself.

With this person, discuss what you think of when you hear the word sexual self advocacy? What does that mean to you?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Self-Advocates Say...

"Speaking up for yourself, sexually and in relationships."

"Getting information."

"Taking a stand."

"Saying to whomever – this is my choice."

"Stating your sexual limits with your partner, respecting others limits."

"Starting to do what you want with relationships."

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Group Agreements

Respect Differences of opinion and decisions

Confidentiality, Stories stay, lessons leave

Notice your assumptions

No such thing as a stupid question

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Messages You Get

### Negative Messages:

"You aren't a sexual person."

"You can't make good choices."

"You shouldn't be in a relationship."

### Positive Messages:

"Sexual feelings are normal and healthy."

"It is okay to ask questions."

"It is okay to want to be in a relationship."

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Process of Relationship Building

**Step 1:** Feeling Interested and letting them know you are interested

**Step 2:** Getting to Know Someone

**Step 3:** Becoming a Couple

Some move fast through these steps, some slower

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Brainstorm

What makes us attracted to someone in a sexual, romantic way? More than friends.

It can be:

- ▶ how they look
- ▶ their personality
- ▶ or how they make us feel.

What about Online? What makes us attracted?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Discussion

Ok, so you are attracted to someone.

Why would you decide to not act on our feelings?  
Or not let them know how you feel?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Moving from Friend to Partner

Step 1: Feeling interested

Can be a potential girlfriend/boyfriend be...

- ▶ Someone already in a relationship?
- ▶ Someone of the same gender?
- ▶ A paid support person?
- ▶ Someone under 16 or the age of consent in your state?
- ▶ **Someone who you meet online?**

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## How can we communicate and meet people?

Face-to-face, call, write a letter, but NOW:

- ▶ Text
- ▶ Email
- ▶ Snapchat
- ▶ Post on Facebook and others
- ▶ Online chat rooms, dating apps

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Positives and Negatives

What is positive of technology?

What is negative of technology?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Meeting Someone Online

Lots of people use the internet to meet people. Not everyone online is going to hurt you and most aren't, but it is always good to know how to stay safe when meeting new people

Here are a few tips for staying safe:

- ▶ **Do not give out personal information** about where you live when you are chatting with someone online.
- ▶ Remember that sometimes people online are **not being truthful** about who they are.
- ▶ If you want to set up a place to meet this person face to face, make sure it is in a **public place** and not a private place.
- ▶ **Bring someone with you** to meet the person to be sure they are who they say they are

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## What's Next?

Step 2: Letting them know you are interested and ways to get to know someone.

- ▶ Flirting – what is flirting?
- ▶ Emailing and texting each other
- ▶ Talking on the telephone
- ▶ Ask him/her to join you at a group activity
- ▶ Ask him/her out on a date

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Flirting

- ▶ What can you say to flirt?
- ▶ What can you do to flirt?
- ▶ How do you know that your flirting is working?
- ▶ How do you know it is not working?
- ▶ What if you are nervous?
- ▶ **What about flirting or getting to know someone online?**

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Photos: Posting on Social Media, Texting, and Emails

- ▶ Posting photos of ourselves online can be really fun.
- ▶ Anything that we post on line is considered **PUBLIC**.
- ▶ Public photos are: being with friends at a park, visiting your cousins in Virginia, having thanksgiving with your family, and a picture of you and your sweetheart.
- ▶ Ask, "Would I want this post/text to end up in the newspaper of the town I live in?"

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Public or Private

"I went to my cousin's wedding last weekend."  
 "I kissed my sweetheart for hours on Saturday."  
 "I miss my friend from high school."  
 A photo of you and friends at a park  
 A photo of you and your sweetheart holding hands  
 A photo of you with your clothes off  
 A photo of you and your sweetheart laying on top of each other  
 A snap chat photo of you smiling with an ice cream cone  
 A snap chat photo of you naked

ELEVATUS TRAINING  
 LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Discussion

Why do we want to be sure that we are posting public comments and photos and not private ones?

What does posting public comments and photos tell others about us?

One thing you can do before you post anything is ask yourself:  
 "Would I want this post/text to end up in the newspaper of the town I live in?"

"Would I want my parents or grandparents to see this post?"  
 "Would I want my future boss to see this photo?"

ELEVATUS TRAINING  
 LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Talking on the Phone or Texting

What topics are okay to talk about on the phone? Or to text about? We want to be respectful and use PUBLIC topics.

- ▶ How was your day?
- ▶ What is your favorite music?

How often is it okay to call or text?

What time of day?

ELEVATUS TRAINING  
 LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Sexting

Some people like to send their sweetheart sexy pictures through texting.

You might think this is okay because it is to your sweetheart, but the person could send the photo to others and this could cause a lot of problems for you.

Also, don't send naked pictures of other people to your friends. That can be against the law.

Just because someone online says that you are their boyfriend or girlfriend, doesn't mean it is true.

Boyfriends and girlfriends meet face to face before they are sexual. Sending sexy pictures is sexual.

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Asking Someone Out

Ask him/her to join you at a group activity.

Ask him/her out on a date.

- ▶ Where?
- ▶ What time?
- ▶ How will you get there?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Scenarios

A 23-year-old young woman wants to post a topless picture of herself to get a boyfriend on Instagram.

What advice do you have for her?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---



## Scenarios

A 24-year-old male asks his partner to text him sexy pictures.

What advice do you have for this person?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Scenarios

Meets someone online and plans to meet them face to face.

What advice do you have for her?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Couples Fight

What do couples  
fight about?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Becoming a Couple

What you may need to talk about:

- ▶ Are we only dating each other?
- ▶ What sexual behaviors are you okay or not okay with each of you?
- ▶ How will you spend time together and apart? What about texting one another? How often is okay? Not okay?
- ▶ What else do couples need to talk about?

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---

## Our Products and Workshops

Online training, curriculum and in-service/live workshops to help staff, educators, director support pros, self-advocates and parents confidently navigate the topic of sexuality.

Get on our email list for our e-newsletter

Attend online, or at a city near you:  
3 Day Certificate Training,  
Becoming a Sexuality Educator and Trainer

For more information visit: [www.elevatustraining.com](http://www.elevatustraining.com)

ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

---

---

---

---

---

---

---

---